





Regularly using a foam roller offers many benefits:






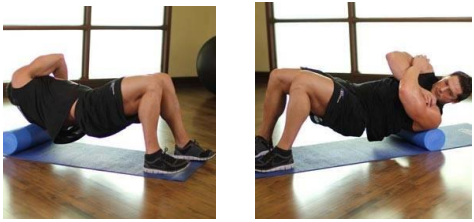

1. Reduced inflammation
2. Breakdown of scar tissue
3. Reduce joint stress
4. improved circulation and flexibility.

These exercises can be performed separately, or combined into a 10-minute pre- or postworkout routine. It's best to perform roller exercises once your muscles are warm, you'll need to do a quick five-minute warm-up if you opt to do them right before a weight-training session.

- Slowly roll back and forth as described for 20 to 30 seconds before moving on to the next exercise.
- Take deep, slow breaths to help your muscles relax. Always avoid rolling onto your joints - the roller should stay positioned under your muscles at all times.
- If you hit a particularly tight or tender spot, stop rolling and apply direct pressure for 30 seconds, or until the pain decreases.
- If you are a beginner, use the foam roller no more than 3 – 4 times a week for 3 weeks.
- After that, you can try doing it once or twice daily - both before and immediately after your workouts.

1		<p>Adductors</p> <ol style="list-style-type: none"> <li>1. Lie face down with one leg on a foam roll.</li> <li>2. Rotate the leg so that the foam roll contacts against your inner thigh. Shift as much weight onto the foam roll as can be tolerated.</li> <li>3. While trying to relax the muscles of the inner thigh, roll over the foam between your hip and knee, holding points of tension for 10-30 seconds. Repeat with the other leg.</li> </ol>
2		<p>Iliotibial Band</p> <ol style="list-style-type: none"> <li>1. Lay on your side, with the bottom leg placed onto a foam roller between the hip and the knee. The other leg can be crossed in front of you.</li> <li>3. Place as much of your weight as is tolerable onto your bottom leg; there is no need to keep your bottom leg in contact with the ground. Be sure to relax the muscles of the leg you are stretching.</li> <li>4. Roll your leg over the foam from your hip to your knee, pausing for 10-30 seconds at points of tension. Repeat with the opposite leg.</li> </ol>
3		<p>Hamstring</p> <ol style="list-style-type: none"> <li>1. In a seated position, extend your legs over a foam roll so that it is positioned on the back of the upper legs. Place your hands to the side or behind you to help support your weight. This will be your starting position.</li> <li>2. Using your hands, lift your hips off of the floor and shift your weight on the foam roll to one leg. Relax the hamstrings of the leg you are stretching.</li> <li>3. Roll over the foam from below the hip to above the back of the knee, pausing at points of tension for 10-30 seconds. Repeat for the other leg.</li> </ol>
4		<p>Calves</p> <ol style="list-style-type: none"> <li>1. Begin seated on the floor. Place a foam roller underneath your lower leg. Your other leg can either be crossed over the opposite or be placed on the floor, supporting some of your weight. This will be your starting position.</li> <li>2. Place your hands to your side or just behind you, and press down to raise your hips off of the floor, placing much of your weight against your calf muscle. Roll from below the knee to above the ankle, pausing at points of tension for 10-30 seconds. Repeat for the other leg.</li> </ol>

## Foam Roller Workout

5		<p><b>Latissimus Dorsi</b></p> <ol style="list-style-type: none"> <li>1. While lying on the floor, place a foam roll under your back and to one side, just behind your arm pit. This will be your starting position.</li> <li>2. Keep the arm of the side being stretched behind and to the side of you as you shift your weight onto your lats, keeping your upper body off of the ground. Hold for 10-30 seconds, and switch sides.</li> </ol>
6		<p><b>Biceps</b></p> <ol style="list-style-type: none"> <li>1. Lie on your side, with your upper arm against the foam roller. The upper arm should be more or less aligned with your body, with the outside of the bicep pressed against the foam roller.</li> <li>2. Raise your hips off of the floor, supporting your weight on your arm and on your feet. Hold for 10-30 seconds, and then switch sides.</li> </ol>
7		<p><b>Calves</b></p> <ol style="list-style-type: none"> <li>1. Lay on your side, supporting your weight on your forearm and on a foam roller placed on the outside of your lower leg. Your upper leg can either be on top of your lower leg, or you can cross it in front of you. This will be your starting position.</li> <li>2. Raise your hips off of the ground and begin to roll from below the knee to above the ankle on the side of your leg, pausing at points of tension for 10-30 seconds. Repeat on the other leg.</li> </ol>
8		<p><b>Glutes</b></p> <ol style="list-style-type: none"> <li>1. Sit with your buttocks on top of a foam roll. Bend your knees, and then cross one leg so that the ankle is over the knee. This will be your starting position.</li> <li>2. Shift your weight to the side of the crossed leg, rolling over the buttocks until you feel tension in your upper glute. You may assist the stretch by using one hand to pull the bent knee towards your chest. Hold this position for 10-30 seconds, and then switch sides.</li> </ol>
9		<p><b>Quadriceps</b></p> <ol style="list-style-type: none"> <li>1. Lay facedown on the floor with your weight supported by your hands or forearms. Place a foam roll underneath one leg on the quadriceps, and keep the foot off of the ground. Make sure to relax the leg as much as possible. This will be your starting position.</li> <li>2. Shifting as much weight onto the leg to be stretched as is tolerable, roll over the foam from above the knee to below the hip, holding points of tension for 10-30 seconds. Switch sides.</li> </ol>
10		<p><b>Rhomboids</b></p> <ol style="list-style-type: none"> <li>1. Lay down with your back on the floor. Place a foam roll underneath your upper back, and cross your arms in front of you, protracting your shoulders. This will be your starting position.</li> <li>2. Raise your hips off of the ground, placing your weight onto the foam roll. Shift your weight to one side at a time, rolling over your middle and upper back. Pause at points of tension for 10-30 seconds.</li> </ol>
11		<p><b>Rest Position</b></p> <ol style="list-style-type: none"> <li>1. Place the roller going N – S direction from your lower neck to lower spine.</li> <li>2. Relax your back and upper chest and open up and stretch towards the floor</li> </ol>